

## A Message from the American Dental Association about dentist prescribed tooth whitening

*"Peroxide-containing whiteners typically come in a gel and are placed in a mouthguard. Usage regimens vary. Some products are used twice a day for 2 weeks, and others are intended for overnight use for 1-4 weeks.*

*If you obtain the bleaching solution from your dentist, he or she can make a custom-fitted tray for you that will fit your teeth precisely. Currently, only dentist-dispensed home-use 10% carbamide peroxide tray-applied gels carry the ADA Seal.*

*The ADA advises patients to consult with their dentists to determine the most appropriate treatment. This is especially important for patients with many fillings, crowns, and extremely dark stains. A thorough oral examination, performed by a licensed dentist, essential to determine if bleaching is an appropriate course of treatment. The dentist then supervises the use of bleaching agents within the context of a comprehensive, appropriately sequenced treatment plan."*



Dr Kenmuir is now offering an at-home overnight tooth whitening system to patients after orthodontic treatment.

Visit our Web site at  
[www.kenmuirortho.co.za](http://www.kenmuirortho.co.za)

For more information about our practice and available treatment contact:



KLOOF PRACTICE  
031 764 0909

HILTON PRACTICE  
PH 033 343 3738

## Get more confidence in your smile



## TOOTH WHITENING VISITS

### AFTER BRACES



Dr Craig Kenmuir

## TOOTH WHITENING VISIT

**Take photo's and tooth shade.**

**Impressions for custom-made bleaching tray(s), which can also serve as a spare set of retainers.**

### SECOND VISIT

Custom-made tray try-in.

Instructions and bleaching kit delivered.

### THIRD VISIT

2-4 weeks later.

Progress review.

Discuss any concerns, needs, progress and continuation.

Photo's if desired shade reached.

For refresher or touch-up appointment call when desired. Usually this is required after 1-3 years depending on the individual.



## CHALLENGING OR DIFFICULT STAINS

May necessitate additional progress review visits approximately 8-12 weeks apart for re-evaluation, and may require an additional charge.

### YOUR WHITENING KIT FOR BOTH ARCHES INCLUDES:

- Custom-made Bleaching trays – also serves as a spare set of retainers.
- 6 syringes of Opalescence. (carbamide peroxide with desensitizing potassium nitrate and fluoride).
- 1 sample of desensitizing toothpaste.
- 1 retainer box



Please do not hesitate to call at any time during the process if you are experiencing difficulty, have concerns or need additional materials.

## TOOTH WHITENING FEES

UPPER AND LOWER ARCH TREATMENT  
R 4 500.00.

SINGLE ARCH TREATMENT  
R 2 800.00.

PAYMENT IS DUE AT FIRST IMPRESSION APPOINTMENT  
Replacement materials may be purchased at the office.

- Syringes of Opalescence
- Desensitizing toothpaste
- Ultra-EZ – for tooth sensitivity if needed.

### REPLACEMENT TRAY FEE

- For lost, broken or ill-fitting custom trays due to dental work or tooth movement requires a new impression and making of a new custom tray plus a fitting appointment.



love your bright white smile